

Chronic Disease Self-Management Program (Better Choices, Better Health) Virtual Peer Leader Training

The Iowa Department of Public Health is offering a *free* Peer Leader Training for the Self-Management Resource Center's Chronic Disease Self-Management Program (CDSMP), referred to as "Better Choices, Better Health" in Iowa. Once trained, you are able to co-facilitate this program in person or virtually to your communities.

CDSMP helps adults of all ages and caregivers manage the symptoms of chronic diseases, such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and any other physical or mental health conditions. This evidence-based program, developed by Stanford University, is held weekly for 2 ½ hours for six weeks in person or virtually. Two trained leaders facilitate workshops.

Workshop topics include:

- Techniques to deal with isolation, frustration, fatigue, and pain;
- Suitable exercises for maintaining and improving strength, flexibility, and endurance;
- Appropriate use of medications;
- Healthy eating and nutrition;
- Evaluating treatment options; and
- Creating action plans.

Peer leader training will take place virtually over the course of seven weeks. The first week you will meet one time, and the remaining six weeks you will meet twice per week. Training will be from **1:00pm-3:30pm** on each date listed below. You must attend all sessions.

Week 1: Monday, March 1

Week 2: Monday, March 8 & Friday, March 12

Week 3: Monday, March 15 & Friday, March 19

Week 4: Monday, March 22 & Friday, March 26

Week 5: Monday, March 29 & Friday, April 2

Week 6: Monday, April 5 & Friday, April 9

Week 7: Monday, April 12 & Friday, April 16

***To register for this training or inquire about additional information, contact Ali Grossman at ali.grossman@idph.iowa.gov or 515-371-7768.**

Visit us at <https://idph.iowa.gov/BetterChoicesBetterHealth>

